

## **ABSTRACT**

A chair having a seat and a back rest comprises a fluid-containing cushion in the back rest that provides passive automatically adjustable support for the user's lumbar region. The cushion can comprise one or more fluid-containing chambers encompassing the areas of the user's upper back and lumbar regions. As the user leans backs, fluid is forced from the regions adjacent the upper back down to the lumbar region to provide enhanced lumbar support to the user.